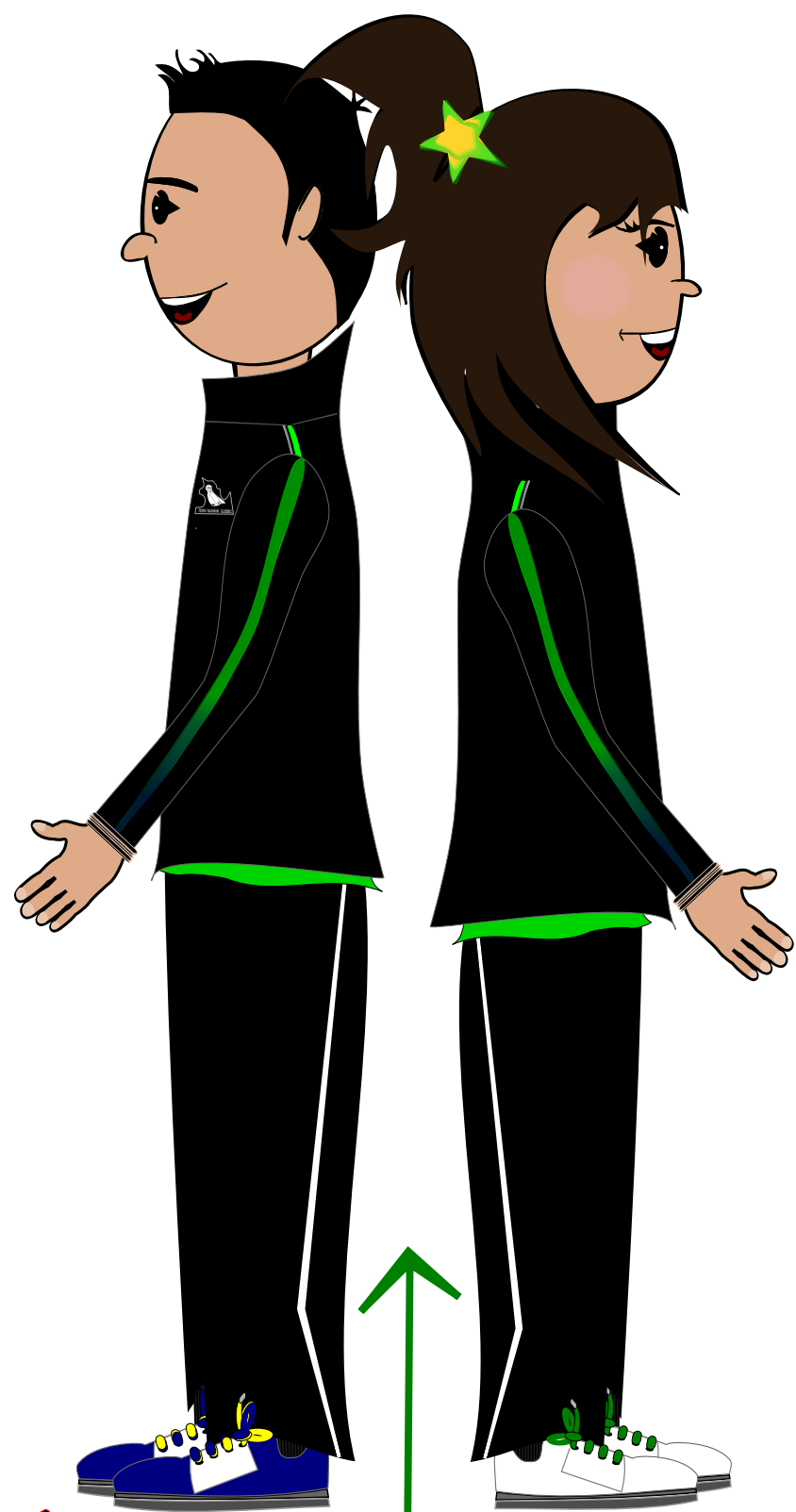
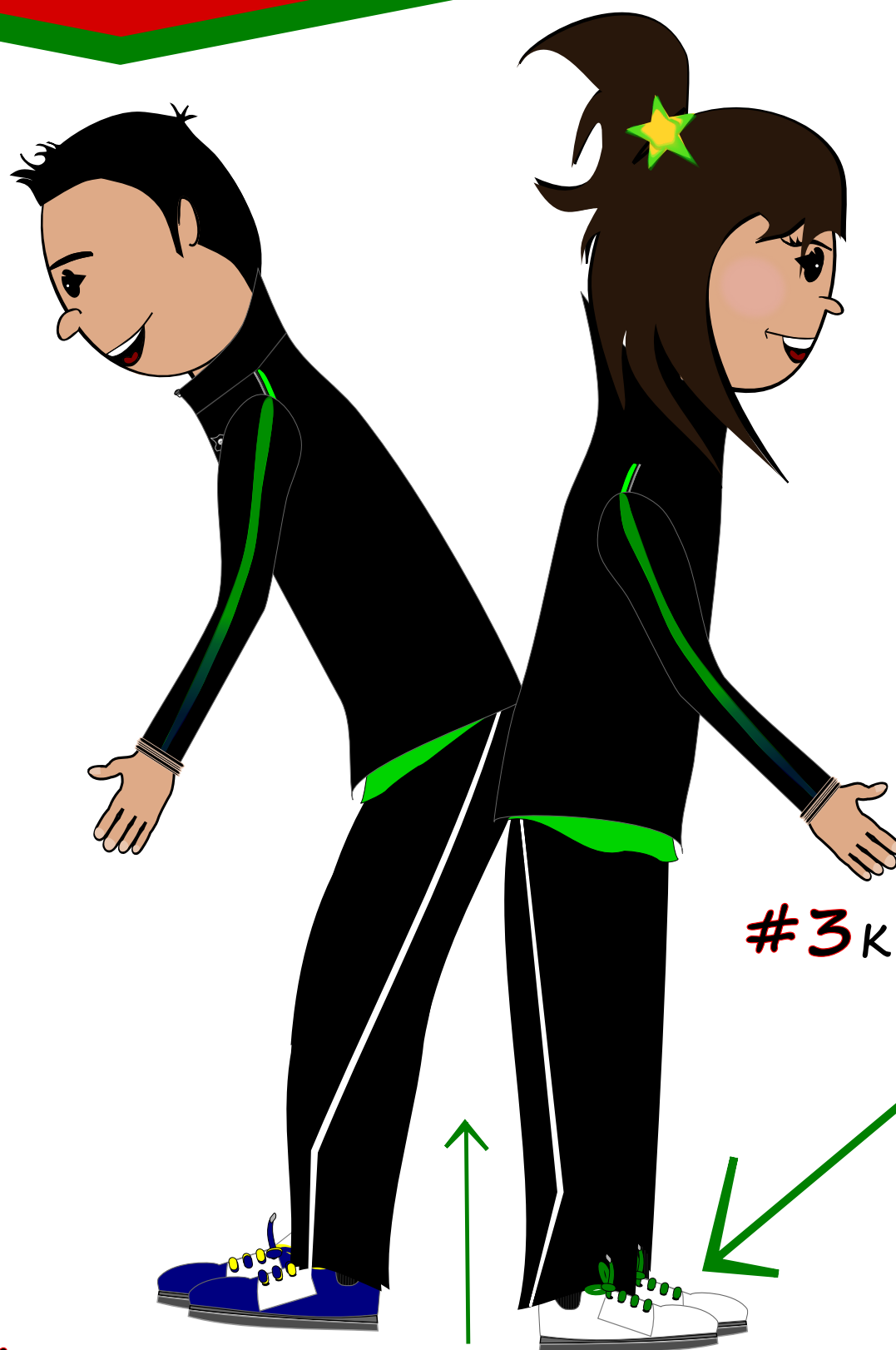


Butt Bump



#1 $\wedge^{\infty} J \mathbb{Q}^{\infty} \dot{\mathbb{N}}^{\infty} \supset \sigma \mathbb{d}^{\infty} \supset \mathbb{N}^{\infty}$
 $\supset \mathbb{m}^{\infty} \mathbb{L}^{\infty} \mathbb{C}^{\infty} \mathbb{D} \mathbb{N} \supset \mathbb{N}^{\infty} \quad \mathbb{Q}^{\infty} \supset \mathbb{Q} \supset \mathbb{N}^{\infty}.$

#1 Stand back to back with your partner.

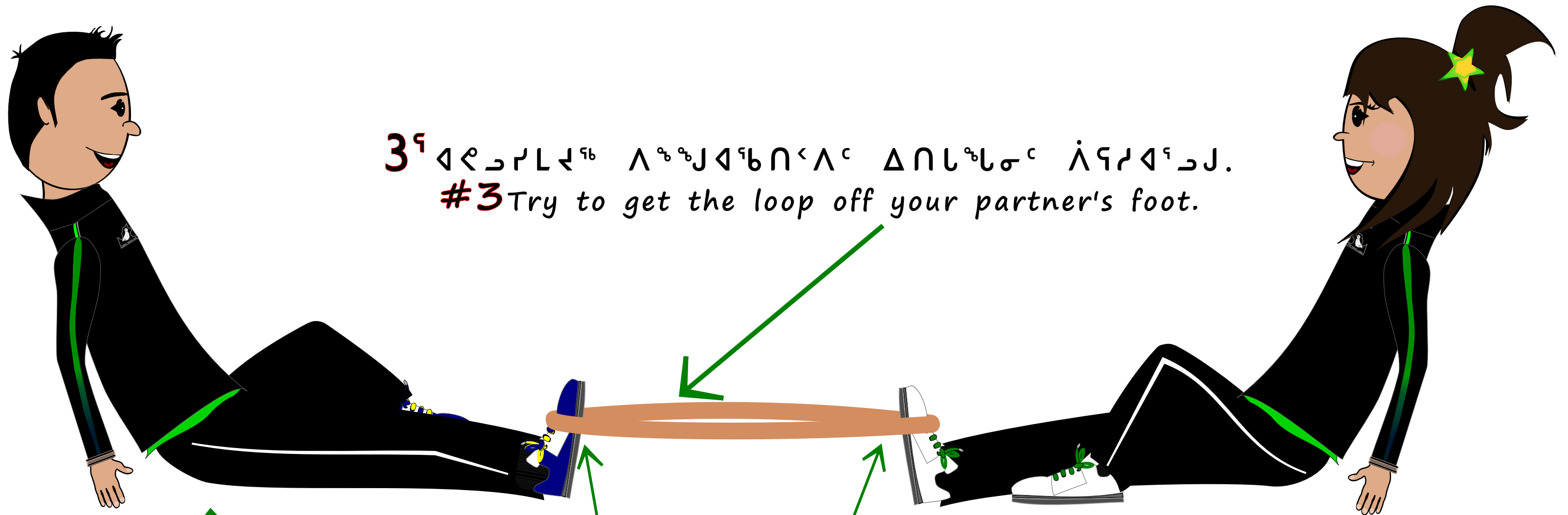


#3 ΔΟΛΟΪ
 ΓΕΛΕΥΕΝΟΡΕ.

#3 Keep your feet in place.
Best out of 3.

#2 Using your butt try to push your opponent off balance.

Δημιουργία



3^c ♠ 4♣ 5♥ L ♠ 6 ♠ 7♣ J ♠ 6 ♠ 9♣ ♠ 8♣ ♠ 9♥ ♠ 4♣ 5J.
#3 Try to get the loop off your partner's foot.

#2 Place a loop around your own foot and your partner's.

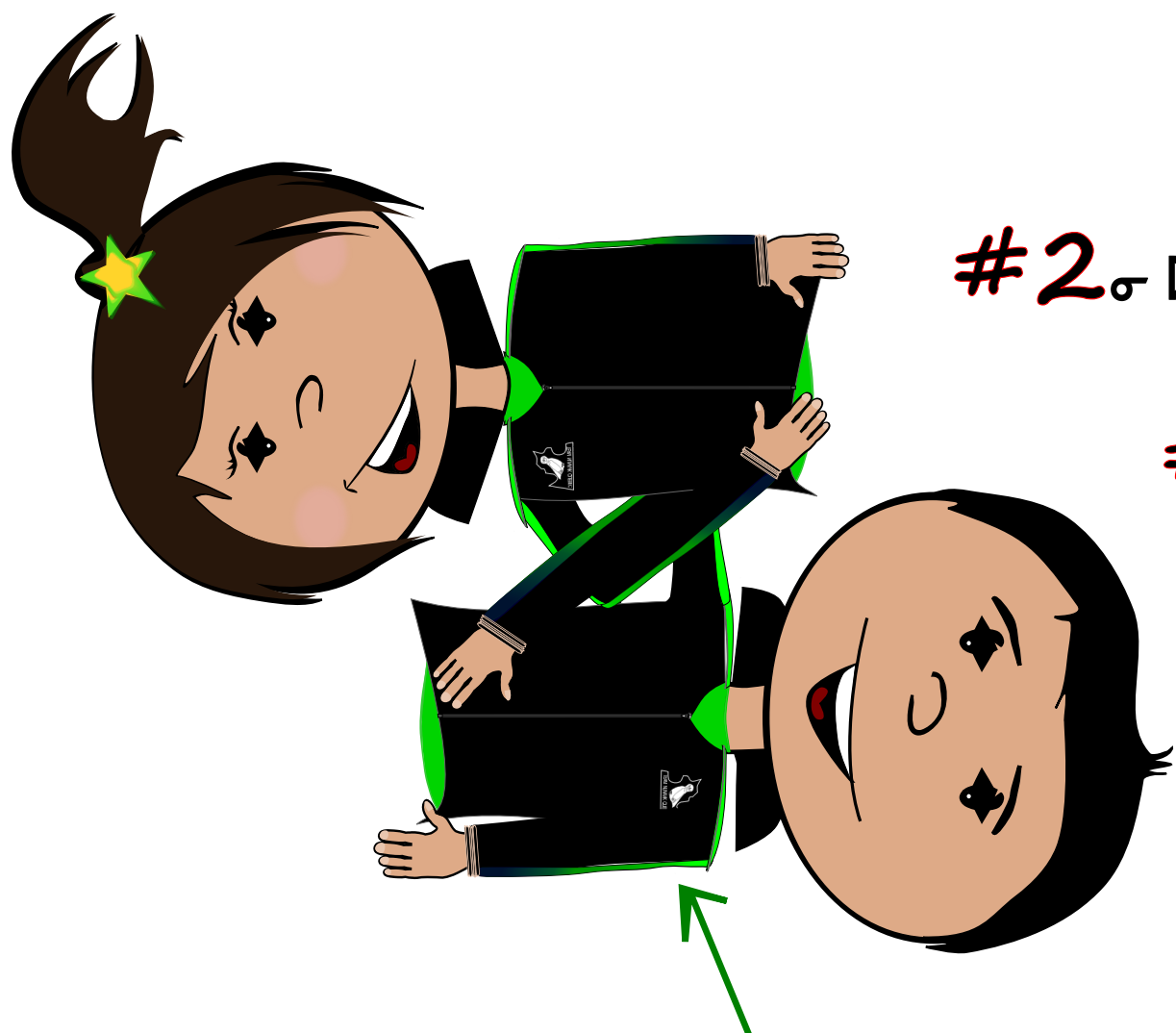
#1 $\wedge^{\circ} \circ J \nabla^{\circ} \circ \dot{\Gamma}^{\circ} \quad \dot{\Gamma}^{\circ} \circ \circ \triangleright \circ \supset \circ^{\circ} \quad \Delta^{\circ} \circ \circ \supset \circ^{\circ} \quad \circ \circ^{\circ} \circ.$
#1 Partners sit on the floor facing each other.

σ Δ^b δ^c ϖ^c ρ ς σ^{9b}

Leg Wrestle

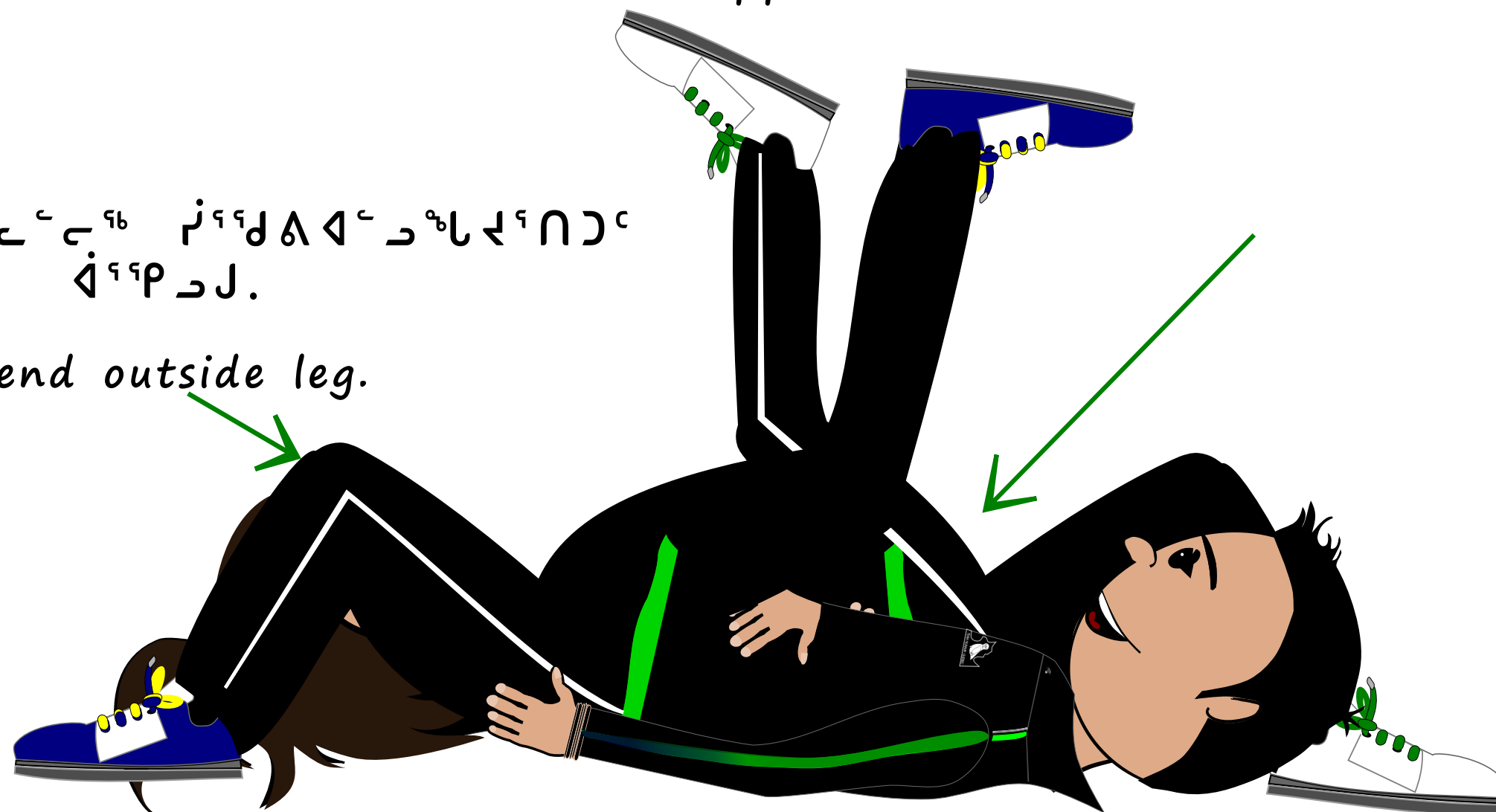
[illegible]

#3 At signal, both swing inside legs to join with opponent at the knee.



#2 $\sigma \triangleright^c$ $\Gamma \subseteq^c \mathcal{C}^{fb}$ $\dot{\Gamma}^{fb} \Delta \triangleleft^c \supset^{fb} \downarrow^{fb} \cap \supset^c$
 $\dot{\Delta}^{fb} P \supset J.$

#2 Bend outside leg.



#1 $a \cap b \subseteq c \subseteq d \subseteq e, p \supset q \supset r \supset s,$
 $c \supset d \supset e \quad \Delta d \supset r \supset s \quad \wedge \supset c \supset r \supset s.$

#1 Lying on the floor, in opposite directions,
link inside arms at elbows.

#4 $C \supset \neg L$ $\neg C \supset J$ $\sigma \supset \neg A^C$, $\wedge^{\neg} J \supset \dot{N}^C$ $\neg K^b \wedge N \supset \supset J$.

#4 Pulling down with your leg,
try to flip your opponent over backwards.



 Muskox Fight

#2 Place your head under your opponent's collar bone.

#3 𐌆𐌋𐌇𐌄 𐌱𐌰𐌹𐌃𐌴𐌺𐌵𐌶𐌴𐌸𐌴𐌹𐌳𐌴𐌹𐌲𐌴. 𐌾𐌿𐌸𐌴𐌹𐌲𐌴 𐌿𐌸𐌴𐌹𐌲𐌴𐌹𐌲𐌴𐌹𐌲𐌴.

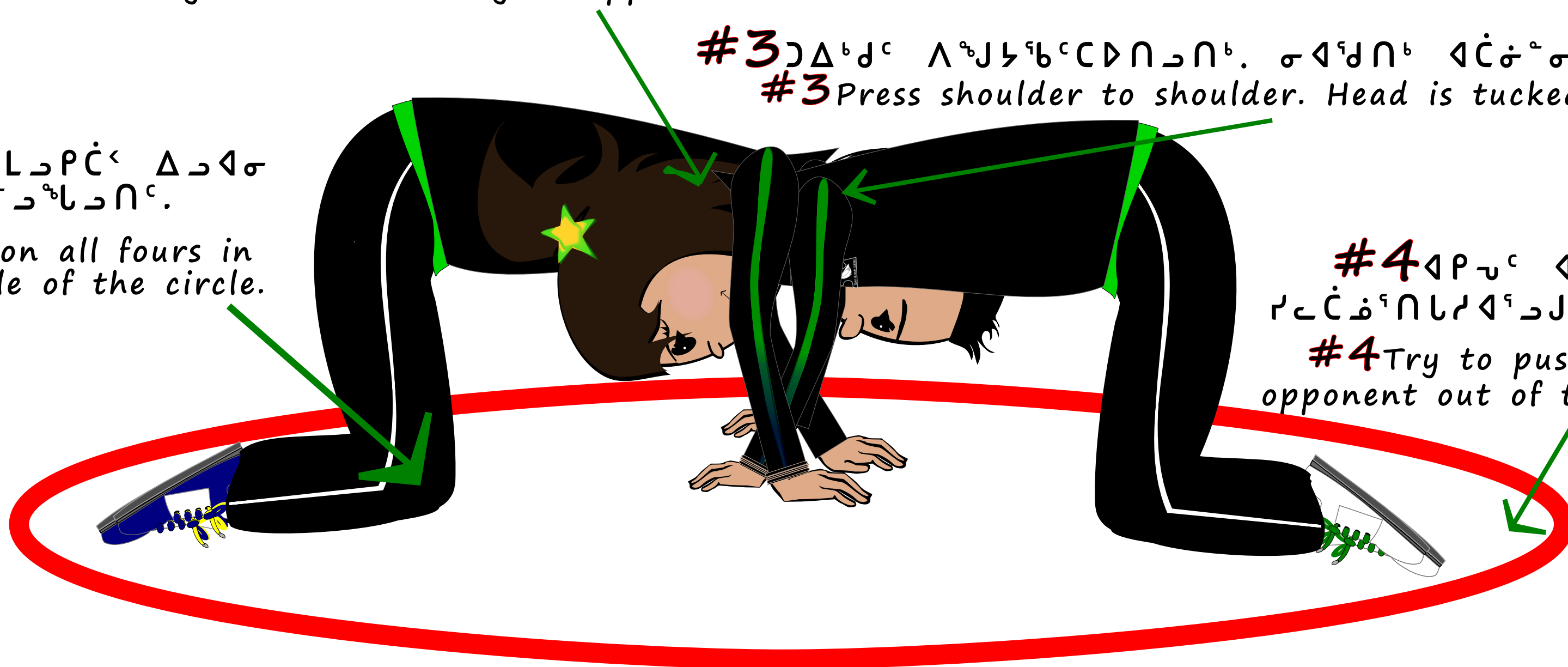
#3 Press shoulder to shoulder. Head is tucked under.

#1 $\Delta^L L \supset P \dot{C}^< \quad \Delta \supset \Delta \sigma$
 $\dot{C}^< \supset \dot{C}^< L \supset \cap^C.$

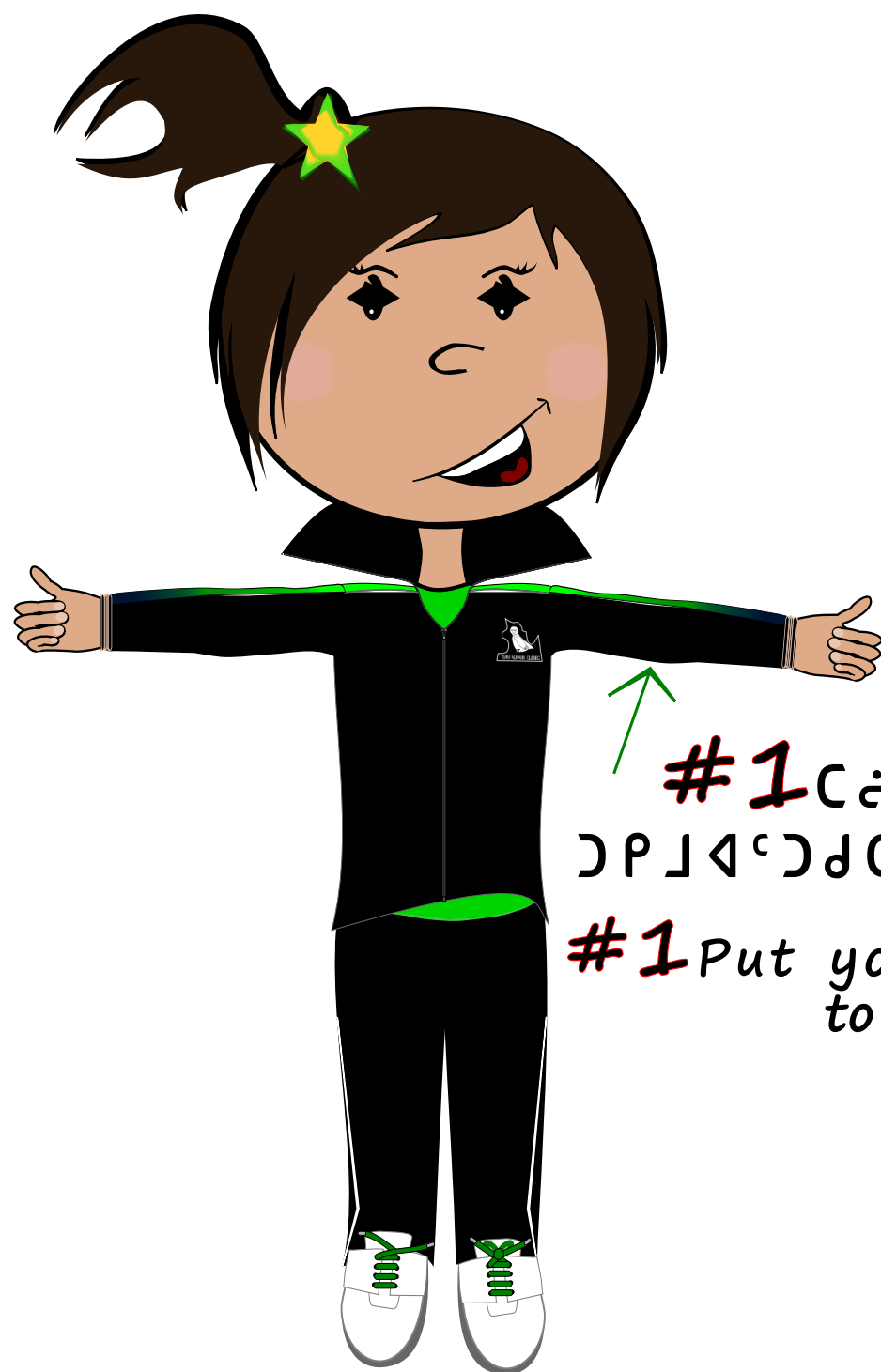
#1 Get on all fours in the middle of the circle.

#4 $\Delta P \sim^c \Delta^L L \supset P \dot{C}^<$
 $\dot{P} \subset \dot{C} \dot{F} \cap L \dot{P} \Delta^f \supset J \quad \wedge^b J \dot{L}^f \supset J.$

#4 Try to push your opponent out of the circle.





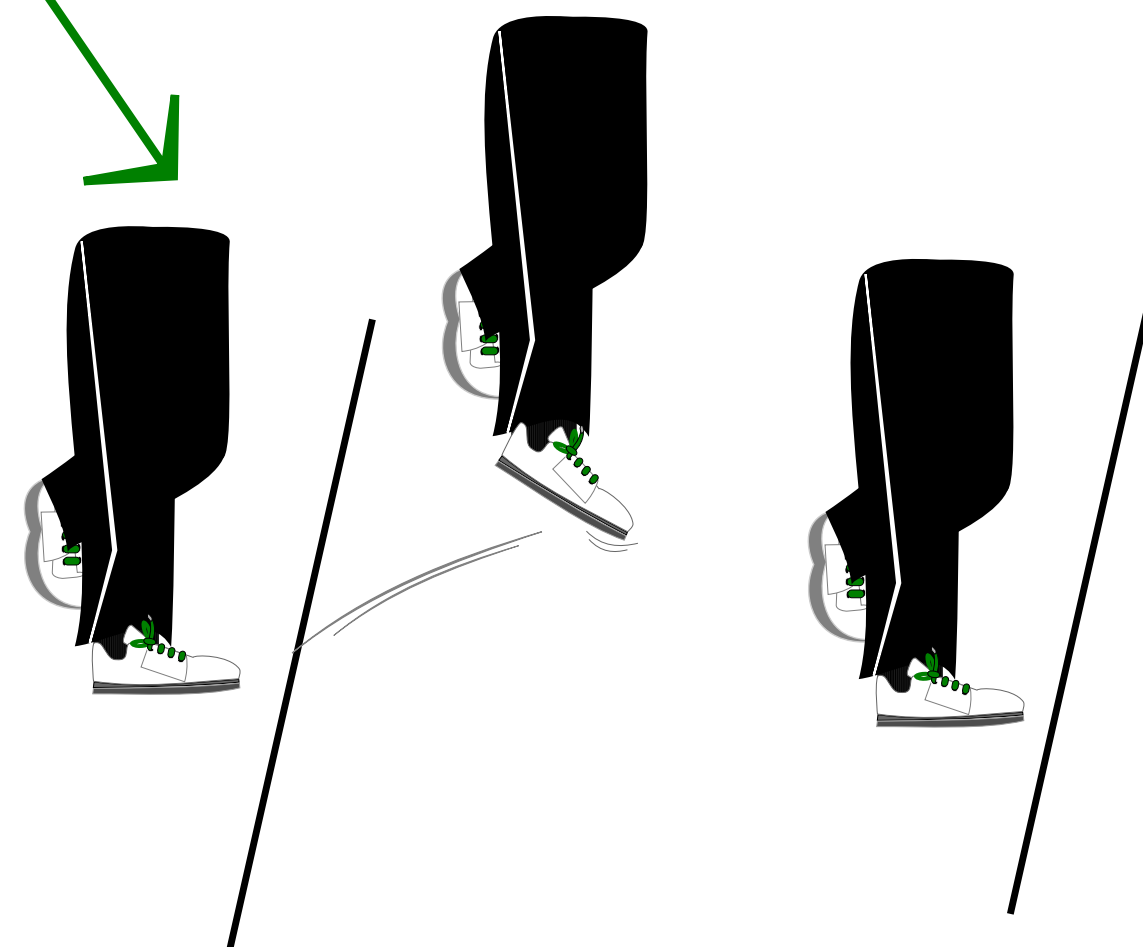


#1 Put your arms parallel to the floor.

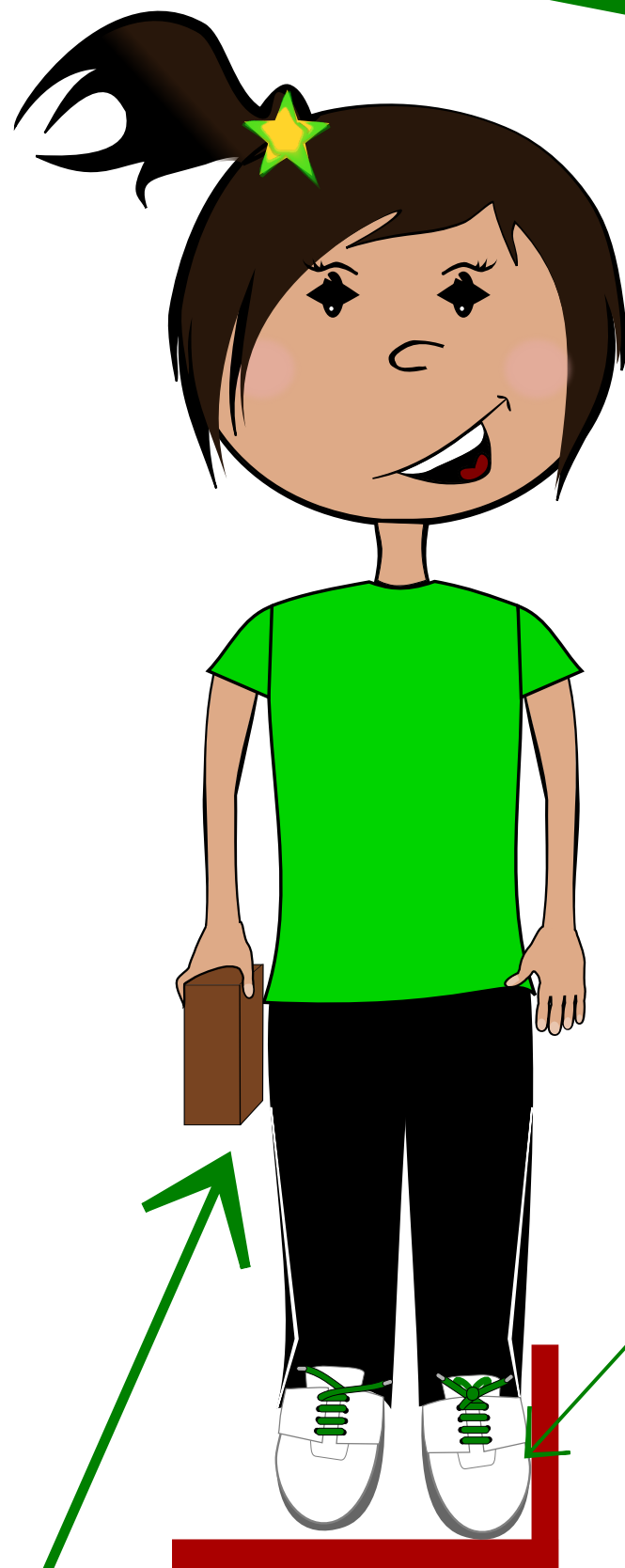


#2 $\sigma \triangleright \sigma \triangleright^b \uparrow \triangleright^c \supset \cap^c$.
#2 Hook your foot to the other leg.

#3 $\triangleright^{\circ} \cup \Gamma^{\circ} \sigma < \triangleright J^{\circ} \cup \Delta \subset \dot{L}^{\circ} \cup \omega^{\circ} \quad \Gamma \Gamma^{\circ} \subset \supset \cap^{\circ}.$
 #3 Hop as far and as much as possible.



Side Reach



#2 Δ ու Բ
ո՛ւ Շ՛ Զ՛ ո՛ւ Շ՛

#2 Plant your feet
at the lines.

#1 $r^b p c^b$ $n j r d^c \rightarrow j$.

#1 Hold the block in your hand.

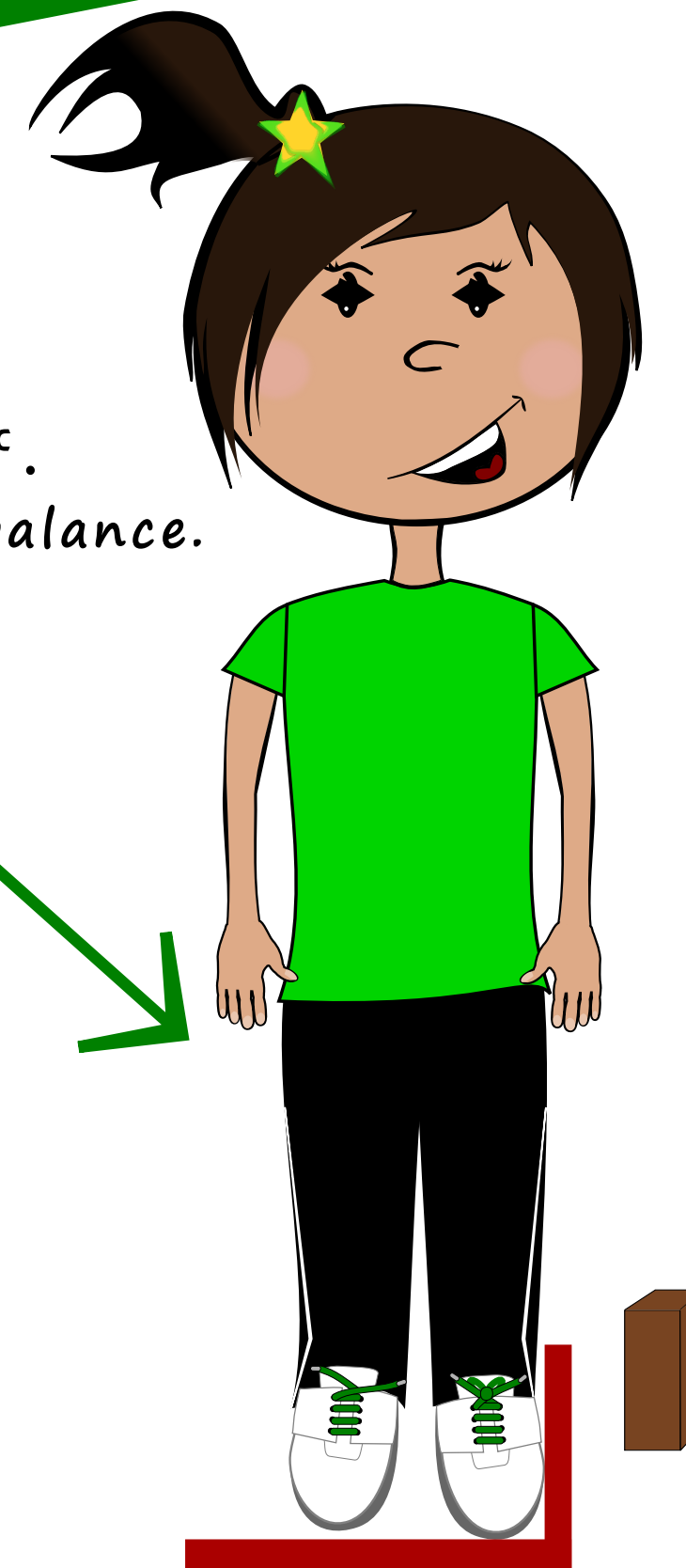


#4 ▷ $\varphi \cup \psi \rightarrow \psi$.

#4 Maintain your balance.

#3 $\rho^b \rho C^b$ $\gamma \sigma \gamma^c \omega \omega J$ $\gamma^b \sigma^b \gamma^b \rho J^a \omega \Delta C \dot{L}^b L \omega^c$.
#3 Place the block to your side as far as possible.

#3 Place the block to your side as far as possible.



ᐅ ᐃ ᐱ ᐳ ᐴ ᐶ ᑭ ᓂ ᓄ ᓇ ᓈ ᓉ ᓊ ᓋ ᓌ ᓍ

Stick Pull

[illegible]

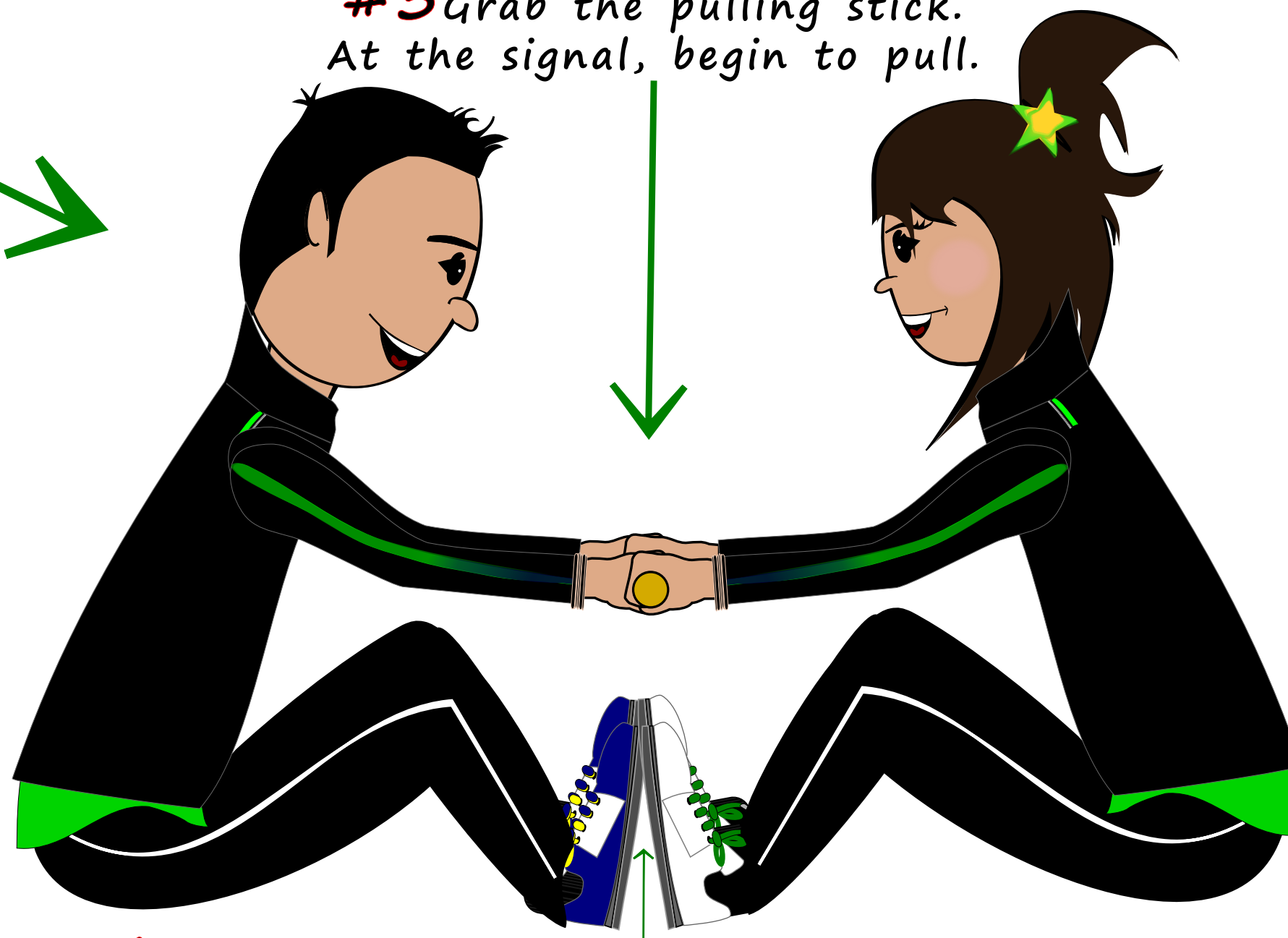
#1 On the floor facing your partner.

[illegible]

#3 Grab the pulling stick.
At the signal, begin to pull.

#4 $\Delta P \sim \rho \int \mathbf{v} \cdot \mathbf{v} \, dV$

#4 Try to pull your partner over.



#2 $\triangleleft \text{ج}^b \text{پ}^b$ $\triangleleft \text{پ}^c \text{ق}^c \text{ل}^c$ $\triangleleft \text{د}^b \text{ر}^a \text{ف}^c$ $\triangleleft^c \text{ح}^c \triangleleft \text{ن}^c \text{ز}^b$.

#2 Place the soles of your shoes against your partner's.